

Ingredients for Jr. Iron Chef Competition

6/30 Food Bags

- Corn tortillas 6"
- Flour tortillas 6"
- Elbow mac
- Assorted bread products (bread, hot dog buns, burger buns, dinner rolls, or hoagies)
- Rice
- Milk
- Shredded Mozzarella cheese
- String cheese
- Dannon yogurt (or other brand)
- Apples
- Oranges
- Potatoes
- Onions
- Melon
- Carrots
- Grapes
- Zucchini
- Canned peaches
- Pinto beans, dry
- Garbanzo beans or lentils
- Split peas or black beans
- Tomato sauce, tomato paste, or grape tomatoes
- Soy milk
- Rice milk
- Pizza
- Cereal honey O's

7/7 Food Bags

- Assorted bread products (hot dog buns, burger buns, dinner rolls, hoagies, flat bread, bread loaves, english muffins, or waffles)
- Rice
- Pinto beans, dry
- String cheese
- Milk
- Melon
- Berries
- Carrots
- Potatoes
- Cereal (honey O's or corn flakes)
- Chicken noodle soup, can

7/9 Meal Bags

- Corn tortillas 6"
- Pasta
- Dannon yogurt (or other brand)
- Milk
- Diced chicken
- Apples
- Oranges
- Cabbage or sweet potatoes
- Onions
- Chef Soraya bowls (Creole Bowl, Cuban Bowl, or Chipotle Bowl) - <https://www.chefSORAYA.com/>
- Bars claremont

This document to be updated with additional bag ingredients in coming weeks.